

How long do you need to self-isolate for?



10 days
If you have symptoms
or a positive test



10 days
If someone in your
household has symptoms



10 days
If you arrive back in the
UK from abroad*

**Excluding exempt countries*

**Book your test now by calling 119
or visit www.nhs/coronavirus**

**You will be contacted by NHS Test and Trace if you have
come into contact with an infected person.
You must then isolate for 10 days**



HANDS



FACE



SPACE



www.shropshire.gov.uk